1. Military press

 Stand with the bar on your front shoulders, and your hands next to your shoulders\n

 Press the bar over your head, until it’s balanced over your shoulders and mid-foot\n

 Lock your elbows at the top, and shrug your shoulders to the ceiling.\n

 Hold the bar for a second at the top. Then lower it back to your front shoulders and repeat.\n

2)Barbell front raise

1.) Start off grabbing a barbell with an overhand grip and keeping your abs tight.  
  
2.) Keeping your arms relatively straight, slightly bend your elbows, bend your knees and raise the barbell to shoulder level.  
  
3.) Once at shoulder level, hold for a second then return back to the starting position in a controlled motion.

3)shoulder shrugs

• Start off standing up straight with your feet shoulder-width apart, bending your knees slightly.  
  
•Grab a dumbbell in each hand with your palms facing in towards your body, and lower your shoulders down as much as possible.  
  
•While keeping your arms straight, slowly raise them up towards your ears.  
  
•Once you reach the top position, hold for a count then slowly lower the dumbbells back to their original position.

9) upright barbell row

1. Grasp a [barbell](https://www.verywellfit.com/how-to-do-the-good-morning-exercise-with-barbell-3498255) or dumbbells and allow it to hang in front of you at the length of your arms. Your palms should be facing your body.
2. Standing up straight, adjust your grip so that your hands are about in line with the thighs.
3. Lift the barbell straight up toward the chin, leading with the elbows and keeping the bar close to the body. Breathe out during the effort. Your arms should go no higher than parallel with the shoulders. Slightly less is OK.
4. Pause at the top of the lift.
5. Return the barbell back to the starting position, breathing in as you lower it.